

# HOLYOKE/CHICOPEE WIC PROGRAM

300 High Street  
Holyoke, MA 01040  
(413) 534-2460

*Sample*

<b>Directions:</b>	<b>Hours (including walk-in times):</b>
We are located in downtown Holyoke at the corner of High & Suffolk.	Monday: 11 – 7, Tuesday-Friday: 8:30 – 4:30, Third Saturday of the month 9 – 1. Walk-ins always welcome.
<b>Languages Spoken:</b>	<b>Public Transportation:</b>
English, Spanish, Russian, Polish, and Chinese spoken at all locations.	Located on PVRTA routes Purple 20 & 21, Blue 23, and Red 22, 24& 25. For bus schedule information call (413) 781-7882.
<b>Parking:</b>	
Public and street parking available.	

<b>Chicopee Site</b>
<b>152 Center Street, Chicopee, MA 01040</b> <b>Phone: (413) 612-0214</b>
<b>Directions:</b> One block from 391N Exit 2. Across from KOS Hardware <b>Parking:</b> FREE Public and on-street parking <b>Public Transportation:</b> Located on bus line <b>Hours:</b> Monday: 11 – 7, Tuesday – Friday: 8:30 - 4:30, Third Saturday of month: 9 - 1

<b>Westfield Site</b>
<b>77 Mill Street, Westfield, MA 01085</b> <b>Phone: (413) 568-1007</b>
<b>Directions:</b> One mile from Noble Hospital bus stop in the Mill Crane Pond Building, on the 2 <sup>nd</sup> floor <b>Parking:</b> FREE Public Parking <b>Hours:</b> Monday: 11 – 7, Tuesday – Friday: 8:30 - 4:30

<b>Ludlow Site</b>
<b>14 Chestnut Place, Ludlow, MA 01056</b> <b>Phone: (413) 589-1551</b>
<b>Directions:</b> On the sub-ground level of Health South Rehabilitation Center of Ludlow <b>Parking:</b> FREE Public Parking <b>Hours:</b> Wednesday: 8 – 5

# Do you have a child under 5?

## Are you pregnant or breastfeeding?

### WIC OFFERS FAMILIES

- Personalized nutrition consultations
- Checks for free, healthy food
- Tips for eating well to improve health
- Referrals for medical and dental care, health insurance, child care, housing and fuel assistance, and other services that can benefit the whole family

Check these guidelines to decide if WIC might be right for your family.

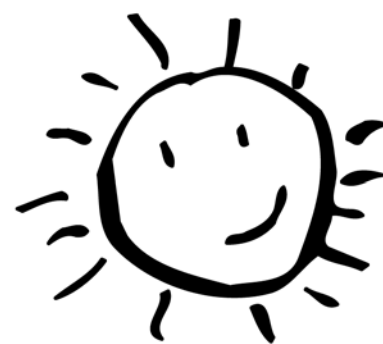
HOUSEHOLD SIZE	YEARLY	MONTHLY	WEEKLY
1	\$17,223	\$1,436	\$332
2	23,106	1,926	445
3	28,989	2,416	558
4	34,872	2,906	671
5	40,755	3,397	784
6	46,638	3,887	897
7	52,521	4,377	1,010
8	58,404	4,867	1,124
IF YOU ARE PREGNANT, YOU SHOULD COUNT YOURSELF AS TWO.			

Learn more about WIC.  
Call **1-800-WIC-1007**

or visit [www.mass.gov/wic](http://www.mass.gov/wic)



**WIC Nutrition Program**  
Nutrition Division • MA Department of Public Health  
TDD/TTY: 617-624-5992



**GOOD FOOD  
and  
A WHOLE LOT MORE**

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